



Charity looks to spark creative connections across Scotland

Friday 18 June 2021

Health in Mind, a Scottish mental health and wellbeing charity, looks to spark creative connections at the end of Loneliness Week.

Loneliness Awareness Week aims to raise awareness and help remove the stigma of being lonely, whilst promoting ways for communities and individuals to build a sense of community and connections.

Reports from people in Scotland indicated that 1 in 10 people often feel lonely.¹ Evidence also demonstrates that one in four adults in the UK have felt lonely because of Coronavirus.² This can have a real impact on people's mental health, including becoming more likely to have depression, anxiety, and heightened levels of stress.

Today the Charity starts its search for Poems on the theme of 'Connect' - one of the five ways to wellbeing.

Wendy Bates, Chief Executive of Health in Mind, said:

'As the world starts to reopen, we felt that it's the perfect time to celebrate and think about how we connect with each other, with nature and with ourselves. During the pandemic, our collective efforts to keep others safe has meant that our usual ways of connecting have been disrupted. As a result, we've seen the numbers of people who are feeling lonely rise.

Loneliness affects us all, whether you've been working from home, studying online, or just trying to deal with the ongoing restrictions, we've all been feeling the impact.

That's why we want to focus our efforts on reinforcing the importance of developing positive connections with others. We hope you join us in creating connections across Scotland'

For more information on the poetry search, visit Health in Mind's website: www.health-in-mind.org.uk

ENDS

Notes to Editors

For interviews and information, please contact Alana Genge, Communications Manager: alana.genge@health-in-mind.org.uk or 07760 752996

- **Health in Mind:** Health in Mind is a Scottish charity with your mental health at heart. It's been promoting positive mental health and wellbeing in Scotland since 1982 by providing a wide range of services to support people and enable them to make a positive difference in their lives
- www.health-in-mind.org.uk

¹ Scottish Government. A connected Scotland.

² Mental Health Foundation. Longitudinal Study.